Guidance, navigation team hangs STS-81 plaque

The Guidance, Navigation and Control team hung the STS-81 Mission Control plaque in recognition of its work before and during the flight.

Team Lead Ken Bain climbed the ladder held by Kevin Dunn as teammates, Eddie Trlica, Laura Stallard, Dave Marquette, Mike Sarafin and Jeff Wyrick were honored for their work to modify launch commit criteria on the orbital maneuvering system engine's actuator and for their discovery of a potential combined control mode that can be used dur-

ing docked operations to save propellant.

"The STS-81 mission was one of the smoothest

to date primarily because of the good work by all disciplines which made it difficult to choose one as the representative to hang the plaque," said Lead Flight Director Bill Reeves. "The Guidance Navigation and Control discipline was singled out because of its excellent support and persistence in recognizing that for a period of time both the shuttle and Mir spacecraft were controlling

the attitude of the combined stack at the same time. Further analysis on their part has discovered a potential combined control mode that may be used under certain circumstances in the future to save propellant with direct application to both the Phase program and the International Space Station."

Readdy to move to shuttle program

Astronaut Bill Readdy will move to the Space Shuttle Program Development Office to manage

> development enhancements across the program.

This is a very high priority to

lead the STS into the next century,' said Space Shuttle Program Manager Tommy Holloway. "We must have a safe, reliable, maintainable and affordable human-rated transportation system if we are to succeed in building the International Space Station and beyond in the 21st century. Technology enhancements focused on our existing space shuttle will be the bridge that spans







the current era and leads to the next step in space technology."

Readdy will lead a team that will identify, prioritize and implement Space Transportation System safety, operations and maintenance technology enhancements.

Vilas elected to new post

Faith Vilas of the Earth Science and Solar System Exploration Division recently was elected chair of the Division for Planetary Sciences in the American Astronomical Society.

The Division for Planetary Sciences is one of the largest professional societies in the field of planetary sciences in the U.S. Its purpose is to advance the investigation of the solar system; encouraging interdisciplinary cooperation, which is accomplished through its annual meeting; and sponsor the official journal of the division,



Vilas







Dittemore

Richards

Vilas will manage the operation of the division and represent the division both within and outside of the division and it's parent organization, the American Astronomical Society.

McKay receives honor

Technical Communicator Mary Fae McKay of the Earth Science Branch is about to become a Fellow of the Society for Technical Communication.

McKay will receive the rank at the STC annual conference to be held in May. There are fewer than 100 Fellows in the more than 18,000 members of STC. Fellows are chosen from among the associate fellows for "sustained and significant contributions to the theory and practice of technical communication" and, according to the STC membership directory "include some of the most admired members of our profession."

McKay's work as a technical com-

municator has received numerous technical publication competition awards both locally and nationally.

Dittemore, Richards take on new roles

JSC Director George Abbey has named Ron Dittemore manager of the Space Shuttle Vehicle Engineering Office and Dick Richards will serve as manager of Space Shuttle Program Integration.

Dittemore has been with NASA for more than 19 years and served in several senior technical and managerial positions. Most recently he served as the manager of Space Shuttle Program integration. Dittemore also served as manager of the Space Shuttle Integration and Operations Office.

Richards will replace Dittemore as manager of Space Shuttle Program integration. He will continue to serve as the Hubble Space Telescope

JSC Clinic offers blood cholesterol profiles in February

February is cholesterol month and the JSC Clinic will offer cholesterol profiles to employees who are not normally scheduled for physicals.

The clinic is now taking appointments for blood tests to be conducted Feb. 20 and 21. Employees can call the clinic at x34111 and receive instructions and appointments.

The clinic will check several factors once a blood sample has been taken. Results of triglyceride, high density, low density and total cholesterol and risk ratios will be determined and results mailed. total health Triglyceride measures

the fat in the body and healthy individuals should measure between 36 to 165 milligrams per deciliter.

High density and low density cholesterol refer to two types of lipoproteins, or packages of fat. These lipoproteins are made by the body to transport fat and cholesterol through the body. High density cholesterol contain the greatest amount of protein and small amounts of cholesterol. Individuals with high levels of high density cholesterol have less heart disease. Levels between 30 and 85 milligrams per deciliter are considered healthy. Low density cholesterol contain the greatest amount of cholesterol and may be responsible for depositing cholesterol in artery walls. Healthy individuals should have a reading lower than 130 milligrams per deciliter of low density

Total cholesterol measures all the cholesterol in the body. Individuals with levels below 200 milligrams per deciliter are considered in good health. Measurements between 200-239 are considered borderline and levels above 240 are high risk and warrant medical attention to help bring it down.

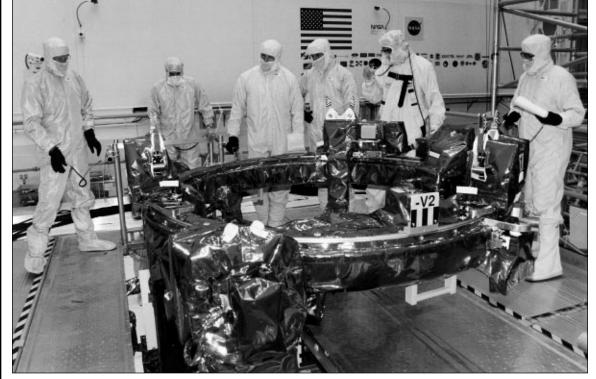
The clinic will analyze all the above factors and send risk ratios in the mail.

Blood cholesterol is an odorless, white, waxy substance found in all foods of animal origin. The

body uses cholesterol to make essential substances such as cell walls and hormones as well as various other functions.

High blood cholesterol is one of the three main controllable risk factors for coronary heart disease. The other two factors are high blood pressure and cigarette smoking. Diets high in saturated fat and cholesterol play a major role in high levels of blood cholesterol. Other factors include obesity, inherited tendencies, age and gender.

The average blood cholesterol levels in women prior to menopause are lower than those of men in the same age group. After menopause, women's average levels usually become higher than those of men. Oral contraceptives and pregnancy also can increase levels in some women. In men older than 50, levels tend to decline



NASA Photo KSC-96PC-1374

WITH THIS RING-In Kennedy Space Center's Vertical Processing Facility, the STS-82 astronauts get familiar with the Flight Support System Berthing and Positioning System ring that will allow them to hold the Hubble Space Telescope in Discovery's cargo bay during servicing. From left are Mission Specialist Joe Tanner, a Hubble technician, Payload Commander Mark Lee, Mission Specialist Greg Harbaugh and additional Hubble technicians. Tanner, Lee, Harbaugh and Mission Specialist Steve Smith will perform space walks to service the orbiting telescope.

Golf association begins new season

handicap play.

The season is designed for experienced golfers, both civil servant and contractors, who enjoy competitive play, strictly by the rules. The season consists of nine stoke play tournaments at different

The JSC Golf Association will courses during the year. Flights are begin its 1997 tournament season established with a maximum handi- Association is \$80. Part of this cost March 1 and is seeking golfers for cap of 36 or about 110 maximum goes toward a prize fund. Cost per scores. Season winners are determined by points from the best seven of nine tournaments. Two tournaments from the Texas Top 20 list of favorite public courses are scheduled-Old Orchard and Longwood.

Entry fee into the JSC Golf tournament ranges from \$30 to \$65 depending on the course.

Applications are available from Treasurer Bob Sampson and are due Feb. 21. For information call Sampson at x34962 or e-mail at: robert.k.sampson1@jsc.nasa.gov

Max-Q to perform at banquet

(Continued from Page 1) in 1992 to Robert Gilruth.

Young's exceptional accomplishments in his career as a Navy pilot and as a NASA astronaut and senior management official have earned him more than 80 other major awards and four honorary doctorate degrees, making him an ideal candidate for the Corona. Young was the first person to fly in space six times, and he is the only one to fly that many times in three different space vehicles—two times each in Gemini, Apollo and the space shuttle. Young is one of only a dozen astronauts to walk on the moon and he commanded STS-1. the first flight of the space shuttle

program. The Rotary National Award for

Space Achievement Foundation also will honor several scientists, engineers and managers with Stellar Awards at a 7 p.m. March 6 banquet at Space Center Houston.

The theme for this year's event is "Dreams to Destiny." A multi-media program will celebrate the accomplishments and contributions of individuals in making the dream of space exploration a practical reality. Houston Livestock Show and Rodeo announcer Bill Bailey will serve as master of ceremonies and the all-astronaut band, Max-Q, will provide musical entertainment.

For additional information on the Foundation or to inquire about tickets to the special event at Space Center Houston, call Jack Lister at 480-6516.

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Crew celebrates space commitment

(Continued from Page 1)

cholesterol.

training and the mission. "It is not exactly easy living with

someone who is training for a space flight," Jett said. "It is a lot of effort, it's a year out of your life when you are very focused and they put up with a lot. I think they deserve a lot of credit for our success."

Wisoff said everyone from family members to shuttle mechanics to the weather was responsible for the success of the mission.

"We had flawless weather, we had a flawless training team, a flawless vehicle and in general we had flawless timing because we got John back in time for the Super Bowl," he joked. "But it all wouldn't have happened without the support of our family, friends, our training team and

all the people who got the vehicle to perform perfectly for us. It really is a team effort. These missions that are international in nature show that we can work together to further our goals in space exploration."

Ivins celebrated the commitment of JSC workers to space exploration.

"Every time that you send people into space you prove again that there is still magic in the universe and that there is still strength in the human spirit and determination to know what's over the horizon."

"STS-81 really was a team effort," Duffy said. "It's a team here in the U.S., a team in Russia, a team in the space shuttle, a team in Mission Control, a team in Russian mission control, a team aboard the Mirteam effort from start to finish."